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Brady, age 57

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Jackie, age 67

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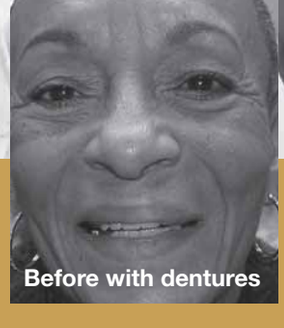
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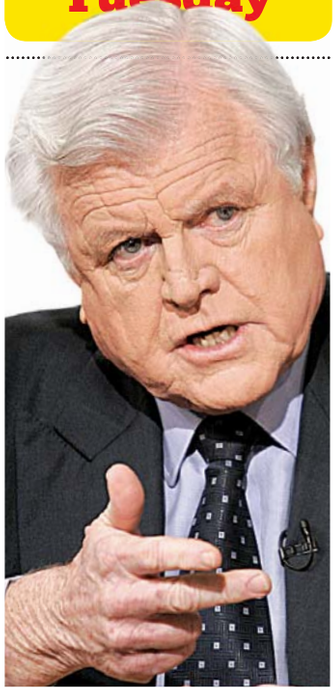
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Tuesday



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eo

EYE OPENERS

You Call It Vandalism. She Calls It Post-Modernism

Boise, Idaho, police said a 74-year-old woman arrested Sunday after pouring mayonnaise in a library's book drop is a person of interest in a yearlong spree of condiment-related crimes. The woman was released from jail and faces a misdemeanor charge of malicious injury to property. She is under investigation for at least 10 similar cases since May 2009. Library employees have reported corn syrup and ketchup in the drop box. **(AP)**

"This is so embarrassing to get my ass kicked by a dead water buffalo."

— **JIM HARRIS**, WHO WAS INJURED WHEN A STUFFED WATER BUFFALO HEAD FELL ON HIM AT HIS HOME. IT TOOK FOUR EMERGENCY RESPONDERS TO EXTRACT THE FLORIDA MAN.

Idiots Make Dave Thomas Cry in Heaven



Hamburgers, fries and chairs all were thrown during a fight at a Wendy's in Kalamazoo, Mich., that ended with two arrests. Police said four customers in the drive-thru lane Saturday claimed their order was incorrect. They hurled drinks and food at the employee inside, who returned in kind. Two people from the vehicle went inside and fought with employees. The workers blamed the fight on a "communication breakdown." **(AP)**

The Big Picture

ADAM LAU/AP



CLAD AS WAR MACHINE from the "Iron Man" franchise, Anthony Le strides across a Los Angeles street Monday outside the E3 Expo, a trade show for the video game business. Although he doesn't have a pass to the industry-only show, Le drove 20 hours from Colorado to "be here in the spirit of video games." **(AP)**

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Democrat Protesting Odd Defeat In S.C. Race

Columbia, S.C.

A U.S. Senate candidate asked for a new Democratic primary Monday after he lost last week to an unemployed military veteran who raised no money and had no ads.



Rawl

The Democratic Party plans a hearing Thursday on former state lawmaker Vic Rawl's protest and could order the primary results overturned.

Pundits have been puzzled since Alvin Greene, a 32-year-old political unknown, defeated Rawl in the primary to face off against Republican Sen. Jim DeMint in the fall

Rawl says he campaigned statewide in the days before the primary and sent out hundreds of thousands of e-mails seeking voter support. Greene claims he traveled the state, but he had no campaign organization and no Web site.

Rawl said he suspects Greene's victory is due to either faulty voting machines or software malfunctioning. **MEG KINNARD (AP)**

Obama to Gulf: Don't Lose Hope

President says region will come back better than ever from spill

Theodore, Ala.

In a newly optimistic tone, President Obama promised Monday that "things are going to return to normal" along the stricken Gulf Coast and the region's fouled waters will be in even better shape than before the catastrophic BP oil spill.

He declared Gulf seafood safe to eat and said his administration is redoubling inspections and monitoring to make sure it stays that way. And his White House said Monday it had wrested apparent agreement from BP PLC to set up an independent, multibillion-dollar compensation fund for people and businesses suffering from the spill's effects.

He declared, "I am confident that we're going to be able to leave the Gulf Coast in better shape than it was before."

That pledge was reminiscent of President George W. Bush's promise to rebuild the region "even better and stronger" than before Hurricane Katrina in 2005. Bush could not make good on that promise, and Obama did not spell out how he would fulfill his.

With Obama hoping to convince a frightened Gulf Coast and a skeptical nation that he is in command, he is marshaling the tools at a president's disposal: a two-day visit via Air Force One, helicopter and boat in the region; a prime-time speech Tuesday night from the Oval Office; and a face-to-face White House showdown Wednesday with the executives of the oil company that leased the rig that exploded April 20.

In Washington, meanwhile, documents released by a congressional committee indicated that BP took measures to cut costs in the weeks before the well blowout as it dealt with problems that led a company engineer to describe the doomed rig as a "nightmare well."

The comment by BP engineer Brian Morel came in an e-mail April 14, six days before the Deepwater Horizon rig blast. **ERICA WERNER (AP)**



MANDEL NGAN/AFP/GETTY IMAGES

President Obama chats with workers repairing an oil boom on Monday at a staging facility for cleanup efforts in Theodore, Ala.



TEA TIME

Sarah Palin, meet Margaret Thatcher? Palin wrote in a Facebook posting Monday that she's been invited to London and that the invitation included an offer to arrange for a meeting with one of her "political heroines," former British prime minister Margaret Thatcher. She said she "would love" to meet with Thatcher and hoped to arrange a trip soon. The possible visit comes amid continued speculation that Palin may run for president in 2012. (AP)

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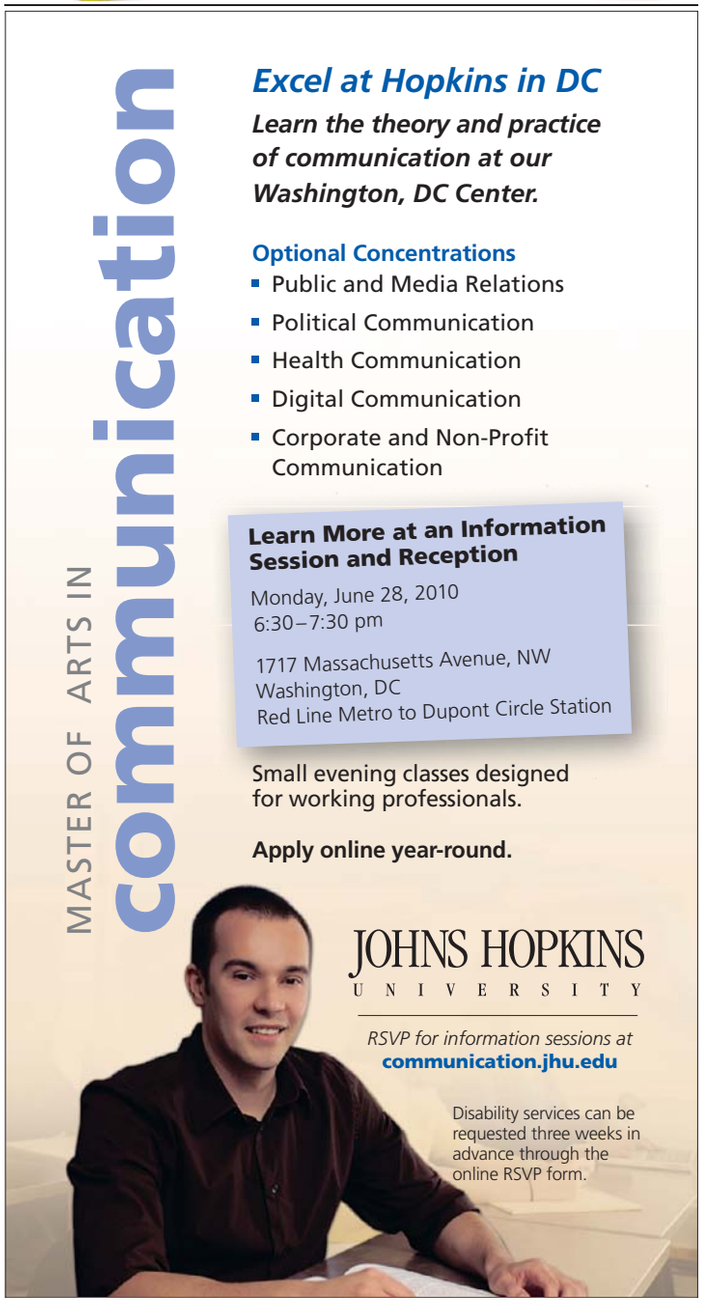
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Nation

FAA Pressed on Drones

Agency may soon open up U.S. skies to unmanned planes

Washington

Unmanned aircraft have proved their usefulness and reliability in the war zones of Afghanistan and Iraq. Now the pressure's on to allow them in the skies over the United States.

The Federal Aviation Administration has been asked to issue flying rights for a range of pilotless planes to carry out civilian and law-enforcement functions but has been hesitant to act. Officials are worried that they might plow into airliners, cargo planes and corporate jets that zoom around at high altitudes, or helicopters and hot air balloons that fly lower.



ROSS D. FRANKLIN/AP FILE

An unmanned aerial vehicle takes off on a border patrol mission in Arizona.

The obvious risks have not deterred the civilian demand for pilotless planes. Tornado researchers want to send them into storms. Energy companies want to use them to monitor pipelines. Police hope to send them up to capture images of speeding cars' license plates. Local police envision using them to track fleeing suspects.

Like many robots, the planes have advantages over humans for jobs that are dangerous or dull.

"There is a tremendous pressure and need to fly unmanned aircraft in [civilian] airspace," Hank Krakowski, the FAA's head of air traffic operations, told European aviation officials recently.

Last year, the FAA promised defense officials it would have a plan ready this year. The agency is just beginning to write regulations for unmanned aircraft.

"I think industry and some of the operators are frustrated that we're not moving fast enough, but safety is first," Krakowski said. "This isn't Afghanistan. ... This is a part of the world that has a lot of light airplanes flying around, a lot of business jets." **JOAN LOWY (AP)**

Flash Floods Swamp Oklahoma City



PAUL HELLSTERN/AP

A MOTORIST WALKS AWAY FROM her stalled vehicle as Oklahoma City firefighters work to rescue stranded drivers Monday in Oklahoma City. Flash flooding across the city stranded commuters on washed-out roads and prompted crews to send boats into inundated neighborhoods, rescuing dozens of residents who sought safety in trees and on rooftops.



WEB ACCESS

Starbucks Corp. will begin offering unlimited free wireless Internet access at all company-operated U.S. locations starting in July in an ongoing effort to bring more customers in the door. The Wi-Fi access, which will eventually include exclusive content, comes as Starbucks works to take back business from rival cafes that have long offered free Internet access. Starbucks had previously offered two free hours of Web access per day to registered customers. **(AP)**

Kennedy Faced Constant Death Threats

Late senator's secret FBI files shed light on assassination fears

Washington

For decades after gunmen shot down his brothers, Sen. Edward Kennedy lived under constant assassination threats of his own, sometimes chillingly specific, as he became a target for extremist rage, previously private FBI documents disclosed Monday.

Five years after President John F. Kennedy was killed and shortly after Sen. Robert F. Kennedy was shot, one letter warned that the third brother was next: "Ted Kennedy number three to be assassinated on Oct. 25, 1968. The Kennedy residence must be well protected on that date."



MANUEL BALCE CENETA/AP

Edward Kennedy was the subject of death threats from a number of radical groups.

Nearly two decades later, in 1985, the threats continued, and this time they were directed at the Republican president and the liberal Democratic senator: "Brass tacks, I'm gonna kill Kennedy and [President Ronald] Reagan, and I really mean it."

After releasing 2,352 pages from Kennedy's FBI file, many of them concerning threats over the years, the agency said: "These threats originated from multiple sources, including individuals, anonymous persons and members of radical groups such as the Ku Klux Klan, 'Minutemen' organizations and the National Socialist White People's Party."

In 1977, the FBI even looked into allegations that Sirhan Sirhan — the man who assassinated Robert Kennedy — had attempted to hire a fellow prisoner to kill Edward Kennedy. The prisoner, who was housed next to Sirhan for 18 months, told the FBI he was offered $1 million and a car but declined.

Kennedy died last year at 77 after fighting brain cancer. Kennedy's widow, Victoria Reggie Kennedy, declined to comment on the FBI files. **(AP)**

Clemency Denied for Killer Facing Firing Squad

Draper, Utah

A state parole board on Monday unanimously denied clemency to a condemned Utah man scheduled to be executed by firing squad.

Curt Garner, chairman of the Utah Board of Pardons and Parole, said the board determined the jury's verdict imposing a death sentence was not inappropriate and that no sufficient reason exists to grant clemency or to commute convicted killer Ronnie Lee Gardner's sentence.



TRENT NELSON/AP POOL

Ronnie Lee Gardner was convicted of murder in 1985 and sentenced to death.

"Gardner makes no claim of innocence and admits that he is guilty of each of the crimes of which he has been convicted," Garner said.

Gardner's execution is set for Friday. He chose a five-member firing squad over lethal injection. It's an option that is no longer available to death row inmates in Utah, but Gardner's case was among those grandfathered in before the law changed in 2004. **JENNIFER DOBNER (AP)**

Hearsay



"No matter how intrusive and partisan our politics can become, this does not justify a poor response."

— REP. BOB ETHERIDGE, D-N.C., APOLOGIZING AFTER A VIDEO POSTED ONLINE SHOWED HIM SWATTING AT A CAMERA AND GRABBING ONE OF TWO MEN TAPING HIM ON THE STREET.

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World

In Brief

MEXICO CITY

17 Inmates Killed in Riot

Seventeen inmates were shot to death Monday during a prison riot in the Mexican state of Sinaloa. The lockup in the Pacific coast city of Mazatlan was quickly brought under control, and investigators found two pistols and an assault rifle, said Martin Gastelum, a spokesman for the Sinaloa state prosecutors' office. **(AP)**

ORANJESTAD, ARUBA

Holloway's Father Seeks New Clues in Her Case

Natalee Holloway's father was back in Aruba on Monday, hoping the suspect in his daughter's disappearance has provided local authorities with new clues since being arrested for the killing of a 21-year-old woman in Peru. Dave Holloway planned to discuss the latest developments regarding Joran van der Sloot and the 2005 disappearance of his daughter with prosecutors and investigators on Tuesday. **(AP)**

MADRID

Barcelona Bans Veils In Municipal Buildings

Barcelona is to become the first major Spanish city to bar the use of face-covering Islamic veils in municipal buildings. City Mayor Jordi Hereu announced the measure Monday but insisted it was not specifically religious. He says it is aimed at all dress that impedes identification and thus includes motorcycle helmets and ski masks. Lleida, also in the Spanish region of Catalonia, last month became the first Spanish city to regulate use of burqas or niqab garments. **(AP)**





ANVAR ILYASOV/AP; FARUK AKKAN/CHA/AP

Left: Uzbek refugees wait to cross from Kyrgyzstan into Uzbekistan on Monday. Right: Kyrgyz soldiers care for an Uzbek refugee baby in the southern Kyrgyz city of Osh.

Refugees Rush to Uzbek Camps

Death toll hits 138 in worst Kyrgyz ethnic violence in 20 years

Jalal-Kuduk, Uzbekistan

Standing behind barbed wire with other Uzbek refugees, the woman tearfully raised her hands in a Muslim prayer Monday for her dead husband. She had left his body at their burned-down house in southern Kyrgyzstan while fleeing ethnic riots that reduced much of a major city to ruins.

"He's lying there unburied," lamented the woman, who identified herself only as Khadicha, a doctor in her 50s, as she waited to cross into Uzbekistan.

She is among tens of thousands of minority Uzbeks who have fled the deadliest violence Kyrgyzstan has seen since the two ethnic groups fought over land 20 years ago as Moscow lost its grip on the former Soviet republic in Central Asia.

In the southern Kyrgyz city of Osh, three miles from the border with Uzbekistan, gunfire pierced the air and fires raged for a fourth day. Officials said 138 people have been killed and nearly 1,800 have been wounded since the violence began last week, but an Uzbek community leader said at least 200 Uzbeks had already been buried.

The U.S. and Russia, which both have military bases in Kyrgyzstan — away from the violence — worked on humanitarian aid airlifts, as did the United Nations.

Uzbekistan hastily set up camps to handle the flood of refugees, most of them women, children and the elderly. They were hungry and frightened, with accounts of Uzbek girls being raped and Kyrgyz snipers shooting at them as they rushed to the border. Aid workers said many had suffered gunshot wounds.

Kyrgyzstan's interim government, which took over when former President Kurmanbek Bakiyev was ousted in an April uprising, has been unable to stop the violence and accused Bakiyev's family of instigating it to halt a June 27 referendum on a new constitution. Uzbeks — a minority in Kyrgyzstan as a whole but whose numbers rival the Kyrgyz in the south — have backed the interim government. Many Kyrgyz in the south have supported Bakiyev. **(AP)**



MEDIA

European newspapers are weathering the media crisis better than their U.S. counterparts, a report released Monday by the Organization for Economic Cooperation and Development suggested. The report shows that the U.S. newspaper publishing market declined by 30 percent between 2007 and 2009, while the publishing market declined by 10 percent in Germany; 7 percent in Portugal, Sweden and Finland; 4 percent in France; and just 2 percent in Austria. (AP)



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World



SCHALK VAN ZUYDAM/AP

Police patrol a stadium during a World Cup match Monday in Cape Town, South Africa.

Strike Puts S. African Police on Guard at Cup

Cape Town, S. Africa

Police took over responsibility for security at World Cup stadiums in Cape Town and Durban on Monday after a wage dispute escalated between stewards and a security contractor.

World Cup organizers said they called in police after stadium staff left their posts in a wage dispute with Stallion Security Consortium.

The match between Italy and Paraguay at Green Point Stadium in Cape Town kicked off on time, but police said fans were kept outside the stadium grounds for an extra hour until the area was deemed secure.

Committee chief executive Danny Jordaan said the problem was an "employer-employee wage dispute."

"Although we have respect for workers' rights, we find it unacceptable for them to disrupt match-day proceedings and will not hesitate to take action in such instances," Jordaan said.

Col. Billy Jones, a police spokesman for the Western Cape region, said about 500 security staffers congregated on the stadium's second-level terrace. Employers attempted to negotiate a settlement, but failed.

"We had to make a decision quickly because we didn't have much time," Jones told The Associated Press on Monday. "We told both sides to take their labor dispute out of the stadium."

BRADLEY S. KLAPPER (AP)

EU: Gaza Blockade Unacceptable

Jerusalem

The European Union on Monday called Israel's closure of Gaza "unacceptable" and offered to play a role in opening the borders, as Israel appointed three Israeli experts and two foreign observers to a commission to investigate its deadly raid on a Gaza-bound flotilla.

The EU move added to the intense pressure Israel has faced to lift the blockade since nine pro-Palestinian activists died in clashes after Israeli commandos rappelled aboard one of the aid ships last month. The three-year closure has withheld all but the most basic supplies from Gaza's 1.5 million Palestinian residents.

The 27-nation EU has consistently opposed the blockade since it was imposed in 2007, objecting to the hardships caused to Gazans. (AP)

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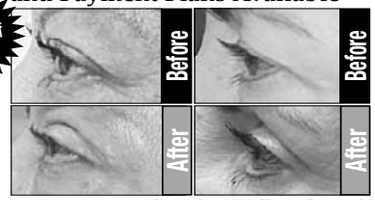


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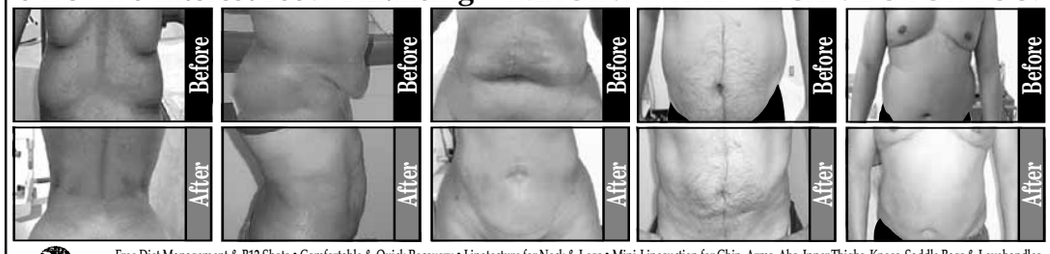
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World



HADI MIZBAN/AP

A member of Iraq's new parliament makes a phone call in an empty hall before the inaugural session convened on Monday.

Iraqi Parliament Opens

Little is accomplished at short session due to lack of new leaders

Baghdad

Iraq's new parliament convened for just under 20 minutes Monday in what was little more than a symbolic inaugural session because of unresolved differences over key government positions — a precarious political limbo three months after inconclusive elections.

The sides are sharply divided over the formation of a new government, and analysts and some lawmakers have warned that a decision could still be months away. Prime Minister Nouri al-Maliki is battling to keep his job after the rival Sunni-backed Iraqiya list narrowly won the most seats in the March 7 balloting.

In parliament, al-Maliki watched as his chief rival, Ayad Allawi, who heads the Iraqiya bloc, and other lawmakers stood to take the oath of office in Arabic and Kurdish. The other half of the session was taken up by the singing of the national anthem and readings from the Quran.

Under Iraq's constitution, the legislature should have chosen a parliament speaker and a president, but these appointments had to be put off because they are part of the negotiations between political blocs over the rest of the new leadership — including a prime minister and top Cabinet officials.

Acting speaker Fouad Massoum adjourned the session after about 20 minutes. No date was set for the next meeting. (AP)

"This is an invitation by the newly elected parliament to make sure, as soon as possible, they can ... function effectively."

— **AD MELKERT,** U.N. ENVOY TO IRAQ, WHO SAID THE FACT THAT PARLIAMENT WAS SEATED PUT PRESSURE ON RIVAL FACTIONS TO REACH AGREEMENT OVER KEY APPOINTMENTS.

Four Former FARC-Held Captives Return to Bogota

Bogota, Colombia

Three police officials and a soldier held hostage by rebels in the jungle for nearly 12 years rushed into the arms of tearful relatives in Bogota on Monday and applauded the troops who rescued them in a surprise armed raid.

The four former captives were kidnapped in 1998 and were among the longest-held by the leftist Revolutionary Armed Forces of Colombia, or FARC.

The military rescue, which took six months to plan, was the first since July 2008, when soldiers posing as members of a humanitarian mission freed former presidential candidate Ingrid Betancourt. (AP)



JUAN BARRETO/AFP/GETTY IMAGES

Ex-hostage police Gen. Luis Mendieta, second from right, is greeted Monday.

Fare increases go into effect on June 27 and August 1.

In response to customer comments to avoid service cuts, a number of steps are being taken to maintain Metro's current services, including the contribution of more funding from the government jurisdictions. But to help close the budget gap, adjustments also need to be made on fares and fees on Metrorail and Metrobus on June 27 and August 1.

Phase 1: June 27

Metrorail fare changes

Metrorail fares will increase by 18 percent; the new regular base boarding fare will be $1.95.

Metrobus fare changes

The new fare on a regular Metrobus will be $1.50 when paid with a SmarTrip® card or $1.70 when paid with cash. The new fare on an express bus will be $3.65 when paid with a SmarTrip® card or $3.85 when paid with cash.

The new fare on Metrobus 5A to Dulles International Airport and Metrobus B30 to Baltimore Washington International Thurgood Marshall Airport will be $6.

The new Metrorail and Metrobus pass prices will mirror the fare increase (see chart).

Bike locker rental fees — The annual bike locker fee will be $200 per year (55¢ a day).

Parking — The reserved monthly parking fee will be $65.

Phase 2: August 1

On August 1, the cost of three Metrorail passes will increase.

Weekly Short Trip Pass:	$32.35
Weekly Fast Pass:	$47
Transit Link Card:	$102

Metro will enact a new 20¢ surcharge during peak-of-the-peak periods (weekdays 7:30 - 9 a.m. and 4:30 - 6 p.m., based on the starting time of the trip).

METRORAIL PASSES	
One Day Pass	$9
Weekly Short Trip Pass	$30.35*
Weekly Fast Pass	$45*
SmartStudent Pass	$30
Transit Link Card (MARC and VRE)	$92*
D.C. Student 10-trip Farecards	$9.50
METROBUS PASSES	
Weekly Flash Pass	$15
Tokens (10 pack)	$17
D.C. Student Tokens	$7.50
Weekly Senior Flash Pass	$7.50
Weekly Disabled Flash Pass	$7.50

* Additional changes effective August 1. See Phase 2.

Customers will save 25¢ per Metrorail trip if they use a SmarTrip® card instead of a paper farecard.

These changes — developed with guidance from Metro's Board of Directors — are subject to final approval by the Board on June 24. For more information, pick up a brochure at a Metrorail station manager's kiosk or go online to MetroOpensDoors.com.

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Local

Police Charge Two In Death of Trooper

Pr. George's officials say man confessed to Applebee's shooting

Palmer Park, Md.

Prince George's County police said Monday they have charged two men in the slaying of an off-duty Maryland state trooper outside a restaurant last week.

Deputy Chief Kevin Davis said Cyril Cornelius Williams, 27, and Anthony Anderson Milton II, 28, both of Seat Pleasant, are charged with first-degree murder in the killing of 24-year-old Trooper Wesley Brown.

"We believe we have arrested the shooter," Davis said a news conference. "We believe we've arrested all principal suspects."

Brown was shot early Friday while working as a security guard at an Applebee's restaurant.

Officials did not identify which man pulled the trigger but said they recovered a semiautomatic handgun used in the shooting. Davis said the motive of the killing was that Williams was upset. He said the men did not know Brown before the incident.

Milton agreed to speak with investigators and admitted that he and Williams went to Applebee's and carried out the shooting, according to charging documents.

LAUREN SAUSSER (AP)

washingtonpost.com



XIAOMEI CHEN/TWP

JARRAD TAYLOR repairs natural gas pipes in Washington, D.C. Taylor, who attended Penn State, is one of a growing number of college-educated area residents to take up the trades in this downtrodden economy. | **postlocal.com**

Fenty Takes Responsibility For Stolen Bikes

Washington

Mayor Adrian M. Fenty and his family took "full responsibility" for the theft of two bicycles from their open garage earlier this month and said Monday that the officer guarding their Crestwood home followed protocol.



Fenty

On June 3, thieves made out with two "inexpensive" children's bikes and replaced them with two mountain bikes, according to a statement released by the mayor's office Monday. "The youngsters involved took off immediately after the swap," the statement read. "The Fentys take full responsibility for the open garage."

The theft was first reported Monday by the Examiner, which said it obtained police records labeled "not for public distribution." (THE WASHINGTON POST)

The Lotteries

Monday, June 14

Maryland

Mid-day Pick 3 8-5-2
Evening Pick 3 (Sun.) 5-3-7
Mid-day Pick 4 2-9-8-7
Evening Pick 4 (Sun.) 6-2-5-6
Match 5 (Sun.) 10-18-20-35-36 (1)

District

Mid-day Lucky Numbers 8-4-6
Evening Lucky Numbers (Sun.) 8-6-4
Mid-day DC 4 8-7-1-5
Evening DC 4 (Sun.) 0-1-7-3
Mid-day D.C. Five 6-9-2-5-6
Evening D.C. Five (Sun.) 6-1-1-2-1
Daily 6 (Sun.) 01-07-12-26-30-31 (28)

Virginia

Mid-day Pick 3 2-9-5
Evening Pick 3 (Sun.) 8-4-6
Mid-day Pick 4 3-5-8-5
Evening Pick 4 (Sun.) 4-9-2-1
Mid-day Cash 5 (Sun.) 14-16-21-27-33
Evening Cash 5 (Sun.) 05-08-10-28-34

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

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Information Technology Foundations (A+/Network+/MCP/CCNA/Security+)	Jun. 23
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Sun Certified Java Programmer	Jul. 13
Web Design and Developer	Jul. 17
Certified VOIP Professional	Jul. 19
Certified Ethical Hacker	Jul. 24
Microsoft Sharepoint 2010	Jul. 24
MCITP: Windows Server 2008	Sep. 14
Security+	Oct. 16

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Co-investigator: Anna Durbin, MD
Approved by JHSPH on 28/Apr/2010

Local

In Brief

BALTIMORE

Census Worker Killed

A U.S. Census Bureau worker has been shot and killed while working in Baltimore, but authorities say they don't think the slaying had anything to do with his job. Baltimore police and Census officials say Spencer Williams was shot several times inside his car on June 7 after he gave a co-worker a ride home. He died Friday, days after his 23rd birthday. **(AP)**

RICHMOND

Va. Gov. Predicts Surplus

Gov. Bob McDonnell is predicting Virginia will end the fiscal year with a budget surplus. That comes despite a drop in tax collections for May. On Monday, the McDonnell administration predicted the state would finish the current fiscal year on June 30 in the black if it can collect $1.7 billion this month. **(AP)**

WASHINGTON

Metro to Mark Fatal Crash

Metro will hold a memorial ceremony to honor the victims of the Red Line Crash on Tuesday, June 22, marking one year since nine people were killed and 80 injured in the system's deadliest crash. **(TWP)**

Flag Salute



GERALD MARTINEAU/FTWP

ASHLYN DIESENG, 3, left, and her sister Reagan, 8, wait for a Flag Day memorial service to begin at the U.S. Air Force Memorial in Arlington on Monday.

$1 Trillion From Scratch

Afghanistan's future could pivot on an untouched deposit of lucrative minerals

Kabul, Afghanistan

It could take years and possibly even a peace settlement for Afghanistan to reap profits from nearly $1 trillion in untapped mineral resources that U.S. geologists say lie beneath its rugged terrain — some in areas currently controlled by Taliban insurgents or warlords.

Geologists have known for decades that Afghanistan has vast mineral wealth. A U.S. Department of Defense briefing put a $908 billion price tag on the country's reserves of iron, copper, cobalt, gold and critical industrial metals like lithium — a key ingredient in products from medicines to cell phone batteries.

If impoverished Afghanistan is seen as having a bright economic future, foreign capitals will have another way to convince their war-fatigued publics that securing the country is worth the fight and loss of troops.

Still, without increased security and massive investment not only to mine but to transport the minerals, it could take years for Afghanistan to bank the rewards. And there's always the potential that such a discovery could bring unintended consequences, including corruption and civil war.

"Obama's war just became more important and more complicated at the same time," said Bruce Riedel, a former CIA officer who helped advise the administration last year when it was rethinking its Afghanistan strategy.

Riedel said that if the U.S. can provide the Afghans security and logistics to build up its mining capacity, Afghanistan's international stock will suddenly become more valuable. But there are a host of complications — competing industries and countries, corruption and war.

"If this was Pennsylvania, it'd turn out one way," he said. "But this is Afghanistan."

Stephanie Sanok, who dealt with similar issues while working at the U.S. Embassy in Iraq, likened the situation to a carnival game that promises a prize if you can guide a tiny, hand-controlled crane to the perfect spot: It almost never works, and it requires a steady stream of money.

"Everyone has known about this," Sanok said of the minerals. "But there's no way to get at it."

For one thing, Afghanistan lacks even the most basic resources for mining, such as railroads and electricity. And much of the minerals are located in or around Taliban strongholds, which could encourage fighting to gain control of the deposits.

Afghan President Hamid Karzai said last month that he had seen estimates that his nation's mineral resources could be worth between $1 trillion and $3 trillion. The mineral resources are a "massive opportunity," Karzai said.

Waheed Omar, a spokesman for Karzai, said the $1 trillion figure represents the minerals found in the survey but does not reflect an overall estimate of all minerals in Afghanistan.

"I think it's very, very big news for the people of Afghanistan and that we hope will bring the Afghan people together for a cause that will benefit everyone," Omar said.

Mike Davis, who works on issues of natural resources and armed conflict with the activist group Global Witness, said that the windfall has the potential to exacerbate Afghanistan's problems.

"It's really like pouring petrol on a fire that's already out of control," he said. ANNE FLAHERTY AND DEB RIECHMANN (AP)



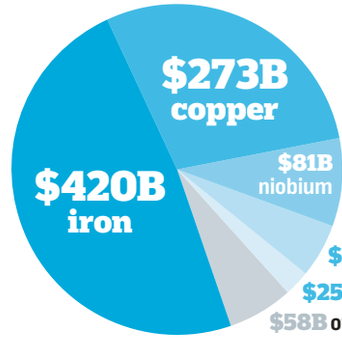
ROMEO GACAD/AFP/GETTY IMAGES

U.S. officials say the vast, rugged terrain of Afghanistan could eventually produce billions of dollars in mining revenue.

Backstory

Most of the data on Afghanistan's mineral resources were produced between the early 1950s and 1985 — some by the Soviet Union during its war in Afghanistan. Much of the information was hidden and protected by Afghan scientists during the next two decades of conflict, but after 2001, the data were returned to the Afghan government. According to the New York Times, American geologists sent to the country for a reconstruction mission in 2004 came across the data at the library of the Afghan Geological Survey in Kabul. (AP)

Largest Mineral Deposits



$908B

The U.S. Department of Defense's estimate of the value of Afghan minerals

"THERE IS STUNNING POTENTIAL HERE. THERE ARE A LOT OF IFS, OF COURSE, BUT I THINK, POTENTIALLY, IT IS HUGELY SIGNIFICANT."

— **GEN. DAVID PETRAEUS,** COMMANDER OF THE UNITED STATES CENTRAL COMMAND, AS QUOTED IN A NEW YORK TIMES ARTICLE ON MONDAY ABOUT THE MINERAL DEPOSITS IN AFGHANISTAN.



World Cup 2010

Standings

GROUP	TEAM	W	D	L	GF	GA	Pts
A	Mexico	0	1	0	1	1	1
	South Africa	0	1	0	1	1	1
	France	0	1	0	0	0	1
	Uruguay	0	1	0	0	0	1
B	South Korea	1	0	0	2	0	3
	Argentina	1	0	0	1	0	3
	Nigeria	0	0	1	0	1	0
	Greece	0	0	1	0	2	0
C	Slovenia	1	0	0	1	0	3
	England	0	1	0	1	1	1
	USA	0	1	0	1	1	1
	Algeria	0	0	1	0	1	0
D	Germany	1	0	0	4	0	3
	Ghana	1	0	0	1	0	3
	Serbia	0	0	2	0	1	0
	Australia	0	0	1	0	4	0
E	Netherlands	1	0	0	2	0	3
	Japan	1	0	0	1	0	3
	Cameroon	0	0	1	0	1	0
	Denmark	0	0	1	0	2	0
F	Italy	0	1	0	1	1	1
	Paraguay	0	1	0	1	1	1
	New Zealand	0	0	0	0	0	0
	Slovakia	0	0	0	0	0	0
G	Brazil	0	0	0	0	0	0
	Ivory Coast	0	0	0	0	0	0
	North Korea	0	0	0	0	0	0
	Portugal	0	0	0	0	0	0
H	Chile	0	0	0	0	0	0
	Honduras	0	0	0	0	0	0
	Spain	0	0	0	0	0	0
	Switzerland	0	0	0	0	0	0

Italy Settles for a Tie in Opener

Defending champs' effort vs. Paraguay won't silence critics

Soccer

Italy opened the defense of its World Cup title with a laborious 1-1 draw against Paraguay on Monday.

Paraguay took advantage of its first shot on goal to take the lead in the 39th minute. Antolin Alcaraz outjumped 36-year-old Italy captain Fabio Cannavaro and Daniele De Rossi for a header after a free kick from Aureliano Torres, and goalkeeper Gianluigi Buffon had no chance for a save.

1
1

De Rossi made up for the opening goal by equalizing in the 63rd, sliding in to redirect a corner kick from Simone Pepe. It was a solid start for the AS Roma midfielder, who was suspended for four games during Italy's victorious 2006 run after bloodying the face of United States forward Brian McBride with a sharp elbow.



LARS BARON/GETTY IMAGES

Daniele De Rossi scores the equalizing goal during Italy's game against Paraguay.

"We deserved to win," De Rossi said. "We controlled the ball virtually the entire time, but it's not easy against these teams that dream simply of drawing with the world champions. And if you fall behind, it becomes even tougher."

Italy coach Marcello Lippi said the biggest regret "was the result." "They only approached the goal once, and they scored," Lippi said. "We reacted well, but you've got to win games likes these."

Already without injured midfielder Andrea Pirlo, Italy's fortunes took another hit when it lost perhaps its most valuable player — Buffon — after the first half. The 32-year-old goalkeeper was removed in favor of inexperienced backup Federico Marchetti.

Lippi's side did little to disprove the critics who have labeled the squad as too old to win the title again, with nine players over 30. The Azzurri haven't won since beating Sweden 1-0 in a friendly in November, drawing with Cameroon and Switzerland and losing 2-1 to Mexico in their World Cup warmups. **ANDREW DAMPF (AP)**

2
0



MARTIN MEISSNER/AP

THE NETHERLANDS' MARK VAN BOMMEL, left, competes for the ball with Denmark's Christian Poulsen in Monday's Group E match. Aided by an own goal, the Dutch won, 2-0, despite their offense's being stymied much of the day.

Japan Stifles Cameroon Attack

Soccer

Keisuke Honda scored in the first half Monday to lead Japan to a 1-0 win over an uninspired Cameroon in Group E of the World Cup.

1
0

The win is Japan's first at the World Cup on foreign soil and puts the Japanese at the top of Group E along with the Netherlands.

Despite an attack led by Samuel Eto'o, Cameroon never challenged Japan keeper Eiji Kawashima. The Africans struggled to control the ball and generate any rhythm up front. **(AP)**



AFP/GETTY IMAGES

Cameroon's Eric Choupo-Moting jumps over Japan's Yuichi Komano Monday.

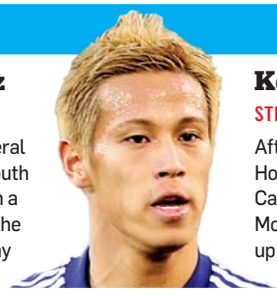
TOP DOGS



Antolin Alcaraz

DEFENDER, PARAGUAY

Alcaraz outjumped several defenders to give the South Americans the lead with a first-half header. While the lead didn't last, Paraguay picked up a point.



Keisuke Honda

STRIKER, JAPAN

After a sloppy first 30 minutes, Honda broke a scoreless tie with Cameroon in the 39th minute of Monday's match. The goal held up in the surprising decision in Group E.

TODAY'S MATCHES

Brazil vs. North Korea

2 p.m. Brazil, ranked No. 1 in the world by FIFA, makes its debut in South Africa against North Korea, which, at 105th, is the lowest-ranked team in the field. Under its coach, Dunga, Brazil has adopted a more defensive-minded strategy than in past years. ESPN

Ivory Coast vs. Portugal

9:30 a.m. Didier Drogba is expected to play for Ivory Coast after breaking his arm on June 4. ESPN

New Zealand vs. Slovakia

7 a.m. New Zealand plays its first World Cup match since 1982; this is Slovakia's first-ever Cup entry. ESPN

Buzz Grows Globally Against Vuvuzelas

Sounds of the Game

Angry World Cup viewers, we, at least, hear your vuvuzela pain.

From as far away as the Himalayan mountain kingdom of Bhutan, you have e-mailed in droves to The Associated Press to complain that you are being driven loopy by the awful din of the trumpets that are spoiling the World Cup in South Africa.

"Fifteen minutes into the opening game and I already took two aspirin," lamented Boaz Gabbai, from West Hills, Calif.

"Those vuvuzelas are making me nuts!!!" wrote Myriam Seyfarth from Venezuela.

Do organizers care? They don't give a hoot. Their bottom line: The cheap plastic noise-polluters are a South African tradition. Those who don't like them can, well, lump it.



LAURENCE GRIFFITHS/GETTY IMAGES

Fans like this one blowing on a vuvuzela have become a bane to many TV viewers.

"I won't dwell too much on what outsiders think about vuvuzelas," says South Africa organizing committee spokesman Rich Mkhondo.

He is backed by FIFA president Sepp Blatter, who asked: "Would you want to see a ban on the fan traditions in your country?"

Frankly, if they were as mind-meltingly annoying as this, yes.

While acknowledging that organizers have no intention of doing research to confirm whether this is true, Mkhondo added: "People love vuvuzelas around the world. Only a minority are against vuvuzelas."

AP reader Gillian McKenna in Bordeaux, France, would beg to disagree. "PLEASE start a worldwide movement to get the vuvuzela banned," McKenna wrote. "It is destroying the pleasure. I have simply stopped watching or listening."

JOHN LEICESTER (AP)

GOOD HEALTH



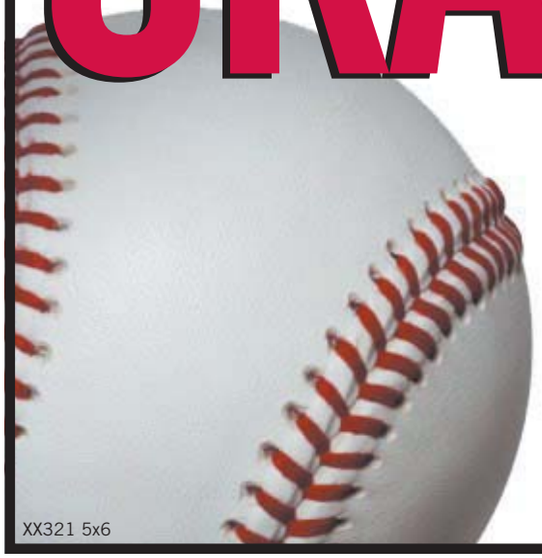
United States goalkeeper Tim Howard's bruised ribs are improving, and the U.S. Soccer medical staff said Monday he is expected to play Friday against Slovenia in the team's second World Cup match. The medical staff decided Howard didn't need any further tests after examining him, and the federation said he is making "substantial improvement." (AP)

BASEBALL CRAZY!

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Sports


WINSLOW TOWNSON/AP
Paul Pierce and Kevin Garnett celebrate the Celtics' 92-86 win on Sunday night.

'Amazing' Finish Near for Celtics

Boston one win shy of an improbable run to its 18th NBA title

Pro Basketball

Paul Pierce walked off the court on Sunday surrounded by television cameras and serenaded by raucous Boston Celtics fans chanting his nickname: "Truth!" The veteran forward lifted his index finger and shouted back, "One more, baby. Just one more."

He boarded a plane the next morning, wearing a backward, white Red Sox cap and raising his arms to more adoring fans, knowing that he would land at LAX in about five hours with a chance to become the ultimate sports villain in his hometown. With the Celtics up 3-2 over the Los Angeles Lakers in the NBA Finals, the kid who grew up just blocks from the Forum in Inglewood, Calif., where the Showtime Los Angeles Lakers ran fast breaks into his heart, stood one more win from delivering an 18th title for the hated rival.

"It's going to have to happen if we're going to win the title," Pierce said of the Celtics' closing out the series in Los Angeles, after scoring a team-high 27 points in a 92-86 victory. "I mean, that would be great. I'm not going to jinx it right now. We've got to win one more game; that's the goal. But it would be amazing if we get it done."

"Amazing" is an appropriate adjective, considering that a Celtics victory in Game 6 on Tuesday — or possibly Game 7 on Thursday — would conclude one of the more



difficult postseason runs in NBA history, with Boston knocking off the three top seeds in the league without possessing homecourt advantage. It would also include vanquishing the three best perimeter players in the game: Dwyane Wade, LeBron James and Kobe Bryant.

Boston has never lost in the finals after leading a series, 3-2, winning in each of its 11 previous occasions. The Celtics have won nine of their 17 championships against the Lakers. MICHAEL LEE (THE WASHINGTON POST)

Swengali

Favoritism Gone Too Far for TV Crew

Stephen Strasburg is untouchable. Just ask the Pittsburgh Pirates and the Cleveland Indians. Or, better yet, talk to MASN announcers Bob Carpenter and Rob Dibble.

Surely depressed from having watched the Nats of old, the announcers are now gaga over the pitcher. For the most part, their praise is justified. Strasburg is 2-0 with 22 strikeouts in two starts. But the kid isn't perfect.


By Matt Swenson

Strasburg's second start was cut short by some difficulty with the mound that he couldn't get out of his head. He left the game with the bases loaded and was bailed out by fellow rookie Drew Storen, who had no trouble with the same hill.

What should we expect from a crew who cheer for the Nats as if their jobs depend on it?

Dibble — who along with pre-game analyst Ray Knight annoyingly refers to the Nats as "we" even though neither ever played for Washington — immediately blamed the mound, not Strasburg, for the pitcher's faulty control.

We expect Strasburg to be treated with kid gloves by manager Jim Riggleman, but not by the announcers. Even Strasburg conceded he should have handled the mound issue better.

Of course, what should we expect from a broadcast crew who cheer for the Nats as if their jobs depend on it? They even excused the Indians' home run bonanza because the series was played at an American League park, whatever that excuse means.

Strasburg's talent speaks for itself. Embellishing his feats only makes audiences sick.

To reach Matt Swenson, e-mail matt.swenson@readexpress.com

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Sports

Texas Sticks With Big 12

School rejects offer from Pac-10 in move to save conference

College Sports

On the brink of oblivion, the Big 12 appears to have defied the odds to live another day.

A day marked by conflicting reports about the University of Texas' future ended with a declaration from the school that it will continue to compete in the Big 12.

The news followed a heavy courtship from the Pac-10 conference, which last week lured Colorado away from the Big 12. Also last week, Nebraska bolted to the Big 10. If Texas had followed suit, there were reports that as many as four other Big 12 teams would have joined the Pac-10, making the NCAA's first super-conference.

Instead, a deal that will allow Texas to create its own television network — which will generate millions more in revenue for the school — appears to have been worked out with the remaining nine other members of the Big 10.



TONY GUTIERREZ/AP

Texas won the Big 12 championship last season. Now, it wants to make more money.

Texas is scheduled to hold a news conference on Tuesday to explain its decision.

Texas A&M was courted by both the Pac-10 and SEC, but regent Gene Stallings said Monday he wanted the Big 12 to survive and would vote to keep the Aggies in the league if they didn't get a much better offer. Stallings told The Associated Press that keeping the Big 12 together "would tickle me to death."

Kansas had lobbied furiously to save the conference, sending a letter to its counterparts saying that a 10-member league would be "extremely viable." **(EXPRESS/AP)**

TV Lineup

NATIONALS (7 P.M., MASN) In a non-Stephen Strasburg start, the Nationals play the Detroit Tigers.

NBA FINALS (9 P.M., ABC) The Boston Celtics can win the NBA title by defeating the Los Angeles Lakers in Game 6 of the NBA Finals.

CYCLING (7 P.M., VERSUS) Stage 4 of the Tour de Suisse takes riders from Schwarzenburg to Wettingen.

1

The number of Nationals to win the NL's Player of the Week award this year. Stephen Strasburg got the honor Monday for his first week as a big-league player. (EXPRESS)

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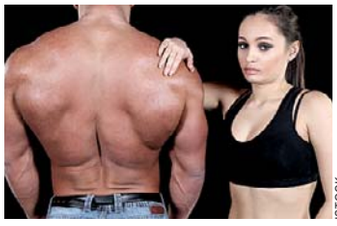
fit



Guinea Pig | Ice Work

The city was melting on Sunday, but not the tray of ice cubes clinking in a Camelbak Podium Ice ($20, Rei.com). The BPA-free bottle boasts four times the keep-cold power of other vessels, and the absence of liquid an hour after leaving the A/C seems to prove it. When it's filled with water, the Jet Valve mouthpiece — turn one way to shut it, the other to sip from it — prevents spillage almost too well. Get ready to really tilt your head back to slurp.

Body Talk



ISTOCK

Trained to Win

A friend recently joined a gym and asked for my advice on selecting a personal trainer there. I suggested an extremely capable woman. The response I got? "But I wanted a hot man."

As dating criteria, that's a tad superficial but fine. When it comes to your personal trainer, however, picking based on level of attractiveness and gender is not OK.



For starters, just because someone has masterfully sculpted his or her own body doesn't mean that the same method will work for you. There's that pesky issue of genetics, and, of course, how much time you're willing to commit to the gym. So, while a beautiful body is good, a beautiful brain — hopefully, one that's been properly certified — is way better.

And if you think dudes are superior at training just because they can lift heavier weights, remember: They're not the ones working out. You are. Women can bark out orders just as loudly, although many of them are also capable of delivering their requests with a softer touch.

What really matters is whether they motivate you. If you find a hot man who does that, great. But don't limit yourself — or your own chances to be hotter.

@ To reach Vicky Hallett, e-mail vicky.hallett@readexpress.com



LAWRENCE LUK

Shaun Strand coaches a student through her swing, above. Club rental and all the range balls you want, below, are included.

Swing of Things

Even if you've never picked up a club, this program promises it can get you golf-ready

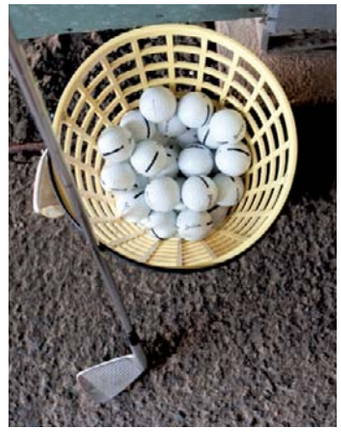
Class Review

Work It Out

What's the best present a chip off the old block could possibly give for Father's Day? A chance to chip. Whether your dad needs a new sport to keep him in the game, or you have to raise your skill level from putt-putt pro to join him on the green, the Get Golf Ready in 5 Days program (Getgolfready.com) is worth a shot.

What It Is: Introduced nationally at about 1,100 courses last year, this instructional program promises to teach beginners the sport in just five hour-long lessons. (With the Capital City Golf School's courses, you'll get a bonus sixth day for a course outing to put all of your new skills to the test.) It's been popular across the country, but nowhere has it had as much success as at the East Potomac Golf Course, where manager Tim Krebs expects more than 850 students will graduate this summer. "It's a good foundation. Most people don't take lessons, and they develop bad habits," says Shaun Strand, one of the East Potomac instructors.

Whether you'll actually be a "golfer" at the end depends on your definition. "What you get out of the lessons is dependent on how much you practice on your own," Krebs says. But no matter how low you get your score, you'll at least know enough about what you're doing to get through 18 holes. "People think you don't need to be good for the driving range, but you have to be good on the course," he adds. "We're breaking down those barriers."



● *$99. At the three courses that make up the Capital City Golf School (Capitalcitygolfschool.com), new sessions begin continuously over the summer.*

Moves: There's really just the one: your swing. But it has plenty of parts, and you should expect to go over each one meticulously, starting with grip and posture. "They're important but ignored, since most people just want to hit it far," Strand says. You'll learn how to shake hands with the club, tilt at the waist, slightly bend your knees and figure out how far you need to stand from the ball. Then there's the actual hitting part. Here's a hint, courtesy of Strand: Don't shake your head like Stevie Wonder or rock your knees like Elvis.

Workout: You have to engage your core to really power your swing, so the classes give you an incentive to keep up your crunches. But the best fitness benefits come from walking around the course with a heavy bag of clubs. "It takes less time to feel it that way," adds Krebs, who says most golfers at East Potomac eschew carts in order to burn more calories.

Crowd: The classes, which are capped at just eight students each, attract a mix of ages and genders, although the demographics skew slightly female — especially because several of the classes are restricted to only women. They're all newbies, but when it comes to motivation, there's quite a bit of diversity. Some folks do it for professional reasons, such as attorney Josh Berman, 25. "One of the partners in my firm asked me if I wanted to play golf," he says. Not knowing how, he signed up. Others come hoping to find a new diversion. "I wanted to pick up a sport I could do for life," says Hillary Taliaferro, 29.

And some do it for bonding purposes. For Jean-Jacques Letournel, 51, it's a way to get closer to his teenage son, who plays for his high school team. We bet we know what they're doing for Father's Day.

VICKY HALLETT (EXPRESS)

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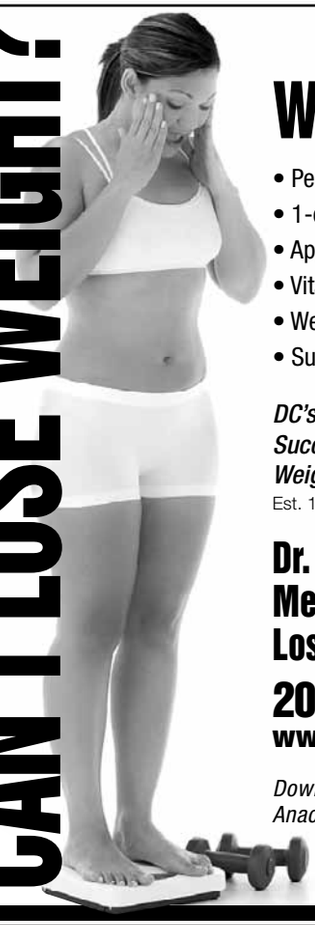
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Ghosts of Girlfriends Past

Q My boyfriend of three years is close with his high school/college girlfriend. We get along well, although we're very different. Anyway, I think (and hope) that my boyfriend and I are moving in the direction of marriage. But lately I've noticed the intensity of their chemistry, and it worries me. A couple of my friends say it's a major red flag. I'm wondering whether I should lay down some boundaries. **CONCERNED**

Yes, people who have complicated histories together can be a risk to each other's relationships — and, yes, there's the possibility that the emotional intimacy between your boyfriend and his ex may someday cause problems or turn into another type of intimacy. But setting new boundaries for something that existed long before you came into the picture is not always justifiable.

By all means, share your concerns with your boyfriend and pay attention to your instincts. But don't go thinking about marriage with any illusion that you're going to make him change something he doesn't want to. You've loved him as is for three years. That's what you now must take or leave.

Keep Mom From Bullying Dad

Q My mother is so selfish. She treats my father like dirt, and he takes it. It has gotten to the point where I can't even stand to visit with them much anymore. We'll be eating lunch and she'll barely let him talk, and she'll contradict everything he says. She'll criticize his weight and his clothes and his career. But he doesn't even stand up for himself. She's always been the dominant one, but it's never been this bad. It makes me sick. Any help is appreciated. **FRUSTRATED DAUGHTER**

There's no doubt that these lunches must be nauseating, whether the restaurants need a health inspector or not. Depending on how close you are with your dad, you might call him or write him a note letting him know how disheartening it is for you to see him treated like that.

This might be part of their dynamic that somehow looks worse than it really is, or this could be just the tip of an abuse iceberg. But to see to what extent you need to intervene further (talking to your mom, suggesting counseling, enlisting the help of their friends and other family), you need a fuller picture of your dad's state of mind.



By Dr. Andrea Bonior

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

Event Horizon

Outside Chance

Get your daily dose of vitamin D while doing downward-facing dog with Bikram Yoga Dupont's sixth-annual Yoga in the Park series (Bikramyogadc.com). The free, all-levels classes are every Sunday from 5 p.m. to 6:30 p.m. through Aug. 29 at Meridian Hill Park in Northwest D.C. Craving even more of a stretch? Lululemon (Lululemon.com) is also hosting free classes in Dupont Circle Wednesday nights at 6:30 p.m. Be sure to BYOM (bring your own mat).


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fit phys ed

The Karate Kid Does Kung Fu

Find out why both of the fighting styles have lots of fans in Washington, D.C.

Martial Arts

Here's an unexpected plot twist: The remake of "The Karate Kid" isn't actually about karate. Detroit-born hero Dre (Jaden Smith) knows how to do a couple chops, but when he moves to China with his mom and finds himself in a playground brawl with the neighborhood bully, he realizes he needs to learn the local martial art, which is kung fu.

Many Americans — including Dre's mom — don't realize there's much of a difference between the two fighting styles. That's probably because in the U.S., both "karate" and "kung fu" are synonymous with beating people up, says Abdur-Rahim Muhammed, president of the Hung Tao Choy Mei Kung Fu Leadership Institute (1351 U St. NW; 202-265-1670; Jowga.org).

"In China," he explains, "They call that 'wushu.' 'Kung fu' is skill attained through hard work and effort." In his school, that means students don't just learn punching and kicking, but also dragon dances, classical weaponry, culture and a moral code. "If you have fighting skills without character, you're just a gangster," adds Muhammed, echoing the reaction Jackie Chan has in the movie to the bully and his crew.

As for "karate," the Japanese characters translate into "empty hands." "It was a quasi-military set of techniques for unarmed farmers to defend themselves," says David Ernst, who's the chief instructor for the Washington DC Shotokan Karate Club (3265 S St. NW; Dckarate.com). That includes ways of avoiding dangerous situations, since "the essence of karate is enabling yourself not to fight," Ernst adds.

So, although they share values — such as discipline and respect for elders — they don't look much alike. Kung fu is choreographed and flowing, while karate is linear and more direct, describes Carol Middleton, founder of the DC Self Defense Karate Association (1716 Newton St. NW; 202-328-1203; Dcsdka.net), which specializes in Tae Kwon Do, the Korean style of karate.



JASIN BOLAND/COLUMBIA PICTURES

Dre (Jaden Smith, right) learns the ways of kung fu from Mr. Han (Jackie Chan).

Both, however, are attractively stylized, which makes them stand apart from Middleton's other specialty: Krav Maga. "Krav Maga is not a martial art, just a self-defense system. They don't care if it looks ugly," she adds.

The other important similarity is that karate and kung fu are both effective fitness regimens.

"If you have fighting skills without character, you're just a gangster."

In kung fu, this comes from the repetition of forms — techniques strung together into lengthy routines — that build muscle. Even when you're still, you're usually in the horse stance, which is a wide-legged squat. "Your whole body is toned, so it hurts them more than you," Muhammed says.

Karate practitioners have forms of their own, but they develop most of their strength through regular conditioning. "Torture of the day varies from sit-ups to push-ups to doing a lot of kicks," Ernst says.

As for whether kung fu or karate is more likely to win in a smackdown, that's impossible to determine. "It's not the art form. It's how intent you are on being good," Muhammed says. And knowing either one will help you deal with the bad guys. **VICKY HALLETT (EXPRESS)**

Lapping It Up at LivingWell

The new gym at the Washington Hilton boasts a posh pool

Facilities

The most magical word on a sweltering D.C. summer day is "pool." So, the saline-based, 25-yard one — with bar service! — is clearly a big selling point for LivingWell Washington (1919 Connecticut Ave. NW; 202-483-4100).

The health club, which opened to the public and hotel guests June 1, is in a familiar location: the Washington Hilton. A Sport & Health was there until 2008, but it was displaced by the hotel's $150 million renovation, which added thousands of square feet of meeting space, overhauled the guest rooms and moved the entire pool deck.

D.C.'s season of "Top Chef," which premieres Wednesday on Bravo, filmed its kitchen scenes at the hotel. Now, you can watch it on the TVs mounted on the entirely new set of Precor cardio equipment. The weights have to wait a few more months before being replaced, but LivingWell promises to deliver top-of-the-line strength equipment, including a TRX suspension training system.

How the health club is really making a splash, however, is by offering classes you won't see at most other gyms. A sampling of what's on the schedule: "postural therapy and healthy breathing," "core, release and mobilize" and "yoga: spiritual warrior hour of power." The idea is to focus not just on fitness — although there are also water aerobics, boot camp and body sculpting classes — but also on wellness. In addition to the new group exercise studio, the gym plans to use the grassy area beyond the pool deck for outdoor classes.



MARGE ELY/EXPRESS

It was 94 degrees Sunday, but no one at the Hilton pool seemed to mind the heat.

Don't want to shrink your wallet along with your body? The introductory price for membership is $89 a month, and until June 21, there's no initiation fee. **V.H.**

Sporting Life



The Mayor's Race

Before he faces off against Vincent Gray in the Democratic primary in the September election, D.C. Mayor Adrian Fenty will be going up against about 2,000 competitors in the debut of the D.C. Triathlon (Dctri.com) this Sunday. The event — which is offering both Olympic and sprint distance races — is sold out, but you're welcome to come to cheer for the athletes as they swim in the Potomac, bike through Rock Creek Park and dash around the Mall to the finish line. **V.H.**



GETTY IMAGES

Outsmart Bad Impulses

Keep the Mr. Hyde side of yourself from winning out

Behavior

Who among us hasn't eaten another chicken wing when he's already full? A man can value controlling his weight — but also value tasty food. When you can't do both, you're bound to feel stressed. So, here's how to control those inner conflicts.

Lying

Most people lie to appear likable and competent, according to a study at the University of Massachusetts. The study revealed that 60 percent of people lied at least once in a 10-minute conversation.
TAKE CONTROL: Remind yourself that self-enhancing lies come across as boasting. "Modesty is often the best policy when you're trying to impress," says study author Robert S. Feldman. Don't fib at work — give realistic goals, and follow through.

Overeating

Anger, anxiety and sadness can trigger overeating, says Janet Polivy, a professor of psychology at the University of Toronto at Mississauga. Comfort foods may make you feel better briefly, but anxiety and guilt will come back with a vengeance.
TAKE CONTROL: If your mood is down, stay away from food. "Change your mood by doing something you enjoy," Polivy says. Eat at set times so mood swings don't create mealtimes.

Spending

Shopping floods the brain with dopamine to produce a high. But the pleasure is about anticipation, so the feeling quickly fades, says Gregory Berns, a neuroscientist at Emory University.
TAKE CONTROL: Trigger happiness by focusing on new experiences, not new things — the effect will last longer. Or divert your impulse: A study found that people who spent a small amount on others were happier than those who spent on themselves.

Lashing Out

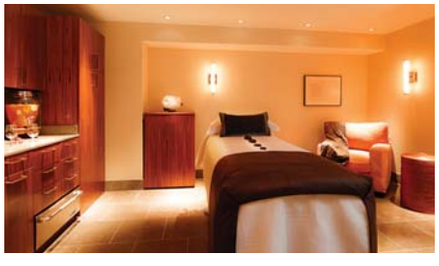
Staying focused is hard when you're angry, says Sarah Fischer, an assistant professor of psychology at the University of Georgia. Insults are counterproductive and can cause irreversible damage.
TAKE CONTROL: Rehearse confrontations at home. Work yourself up as you rehearse, Fischer says. "Your brain can pull up that script even when it's overloaded with emotion." But relax afterward to avoid an anger meltdown.

Partying

"When I drink, I relax" is a rationale often learned from parents or TV, Fischer says. Alcohol can become a way to fill an emotional void or forget about it temporarily.
TAKE CONTROL: Make yourself wait 20 minutes between drinks. You're not denying yourself, which can lead to bingeing, and you can use the time to ask yourself, "Am I angry or upset?" says Fischer. If you are, consider leaving to do something that calms you down.

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Skin Deep



Make Room for Relaxation

Scoring a spa treatment at the Park Hyatt (24th and M streets NW; 202-789-1234; Parkwashington.hyatt.com) used to involve a pretty pricey extra fee: a hotel room. So, to open up the services to people other than guests, the hotel has added "The Spa Room" to its gym and pool facility. The name isn't kidding — it's really just a single room. So, if a few pals want to get restoration massages (60 minutes for $150, 90 minutes for $225) or organic body polishes (90 minutes for $235), you'll have to get pampered in the intimate space one at a time. Other therapies include an array of massages, several varieties of facials, mani-pedis and waxing. Feel free to follow up any treatment with a rinse in the aromatherapy steam shower. **V.H.**

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Part mini-Whole Foods, part mom-and-pop shop, the new Nourish Market (8100 Old Dominion Road, McLean, Va.; 703-288-3031; Nourishmarket.com) carries more than 2,000 items in its 1,800 environmentally friendly square feet, including organic and locally grown produce; pre-packaged goods; pet food; baby food; vitamins and supplements; and beauty products. In the back, chef Elena Hinkle whips up lentil burgers; salads; banana-chocolate-chip cookies; gluten- and nut-free brownies; and scuffins — a cross between muffins and scones ($2.25 each).

"Our soups are our trademark," says founder and president Karen Sherwood, citing from-scratch concoctions such as chicken ginger quinoa and 10-veggie ($2.99 for 8 oz., $4.99 for 16 oz., $9.99 for 32 oz.). Non-vegan varieties start with a concentrated chicken stock that simmers for 14 hours, she boasts. That's time she knows busy parents don't have, since she was craving a place where she could run in and grab something nutritious for her family of five, and came up empty. So she filled the void herself with Nourish Market, which opened June 4.

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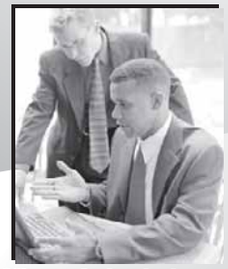
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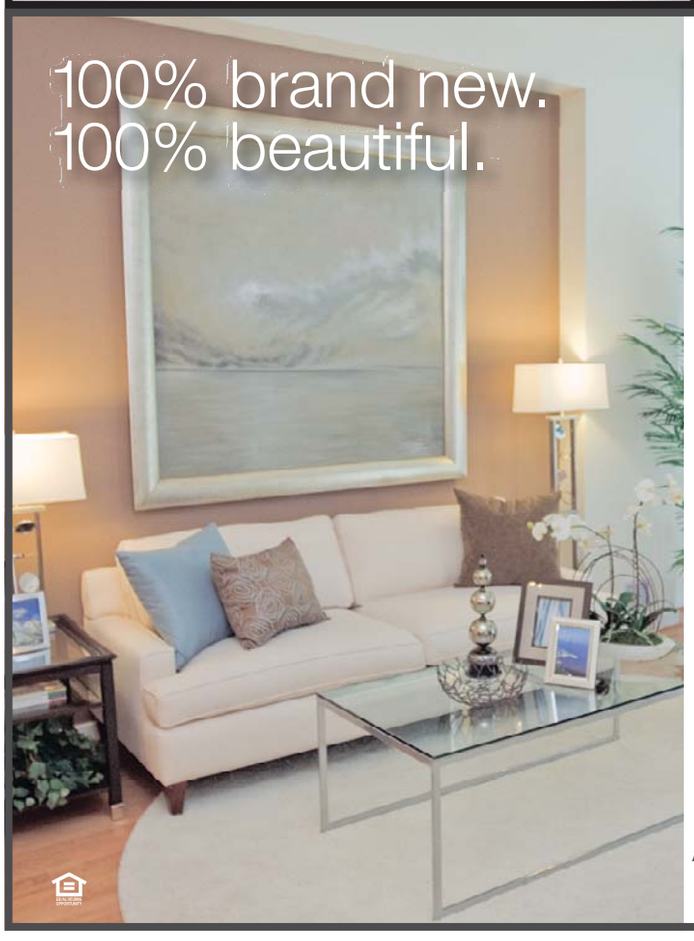
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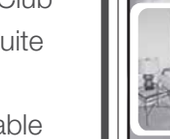
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The Situation's rap single (really!) arrives this week on iTunes 43

Sound Bets



Armchair Boogie

I've heard raves about U Street Music Hall's sound system, but I still wish the club could hand out headphones for tonight's Pantha du Prince performance. The Prince (aka Germany's Hendrik Weber) makes electronic music that deals in details beyond the kick drum: His new album, "Black Noise," is crammed with so many clangs, clicks, buzzes and blips that even in the best space, special sonic details will be lost in translation from armchair listening to dance-floor immersion.



By Christopher Porter

Enjoying electronica at home isn't new, but I remember when the Warp label presented it as such in 1992 with the "Artificial Intelligence" series, which it described as "electronic listening music." Rave culture was raging, but electronica was often relegated to the dance floor, and Warp wanted listeners to get lost in the music as they would a Pink Floyd album. But long before Warp's declaration, artists from Kraftwerk to OMD, as well as classical composers such as Pierre Henry and Karlheinz Stockhausen, made plugged-in music that had little to do with shaking one's fanny.

Even so, as Pantha plays, I'll be dancing tonight away (likely in my La-Z-Boy).

@ Comments? Give Christopher your feedback: **expressnightout.com/soundbets**



AMBER BOGGS

Concrete Blonde's Johnette Napolitano, right, leads her band on a victory lap of shows filled with the angst and aches of the '90s.

A Familiar Vein

Concrete Blonde issues a remastered version of the 1990 album 'Bloodletting'

Artists

For Johnette Napolitano, launching a tour for the 20th anniversary of Concrete Blonde's seminal 1990 album "Bloodletting" is bittersweet commemoration of triumph and tragedy.

On one hand, it's a victory lap. Originally dismissed by I.R.S. Records executives as too dour, the Los Angeles band's third album turned out to be its best-selling record and produced the poignant hit "Joey." Twenty years later, "Bloodletting" holds up remarkably well, losing none of its exquisite ache. In July, Shout! Factory will release a remastered version of the album, with six bonus tracks.

If that success is sweet, the bitter part is that Napolitano's father passed away late last year.

"He would have said to do it," she says of touring for the 20th anniversary of "Bloodletting." "It's only going to come around once, and it's something to be proud of."

When Napolitano was born, her father worked at a gas station in Los Angeles but eventually started a very successful swimming pool company.

More recently, after Napolitano retired Concrete Blonde and focused on her solo work, she and her father grew closer, which only made his death tougher. But it helped knowing he was a secret fan of her music. "After he passed away, everybody was going through his stuff, and he had every single CD of mine," Napolitano says. "I never knew that."

Fittingly, "Bloodletting" is not only Concrete Blonde's most successful album; it's also Napolitano's most achingly personal, an exorcism of strained relationships and compromised dreams.

"We don't have a record to push. It's already out there, and everybody likes it. This is just a celebration."

The short, nearly perfect "Joey" upends love-song conventions, as Napolitano tries to console a junkie ex-lover: "If you're somewhere out there drunk and passed out on the floor, Joey I'm not angry anymore."

The album's heavy subject matter, however, isn't bringing her down: "I don't have to put myself through all those emotions. I can just enjoy singing the songs."

For a performer who has suffered through crippling stage fright, however, she remains strangely calm about this particular tour. "I was wondering, 'What's different? Why am I not completely losing my mind?' And I think it's because we don't have a record to push. It's already out there, and everybody already likes it. This is just a complete celebration."

STEPHEN M. DEUSNER

● *9:30 Club, 815 V St. NW; 7 p.m., $25; 202-265-0930 (U St.-Cardozo)*

Flashbacks

When the Pain Was Fresh

Two years after "Bloodletting's" 1990 release, Concrete Blonde played a sold-out show at GWU's Lisner Auditorium. In an interview with a Washington Post writer at the time, Napolitano said the album was cathartic and showed the vulnerable, self-obsessed side of her songwriting. "I'm glad to be out of the dark closet of my brain," she said. (EXPRESS)

online now **expressnightout.com** ▸▸ Mary McBride's latest tour finds the D.C. native committed to service — no matter the location ▸▸ Experimental act Pocahaunted gets to the point quicker with shorter songs from 'Make It Real' ▸▸ The Punch Brothers' second album, 'Antifogmatic,' is a mix of booze and bluegrass

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Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.

top stops



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2 Rushing Drama

The Source Festival — a collection of original plays, both 10-minute and full-length — stirs up the D.C. theater community and gives young directors, writers and actors a chance to break into the scene. Plus: Ten-minute plays are always fun. You never know when one will be great, and if they're terrible, they're always over quickly. **F.Z.** ***Source Theater, 1835 14th St. NW; through July 3; 202-204-7800, Sourcedc.org. (U St.-Cardozo)***

3 Taking Vows

Hoo boy. "8: The Mormon Proposition" is a documentary about the opposing forces in California's Prop 8, the measure that passed and banned gay marriage. Filmmaker Reed Cowan examines the Mormon church's intense support of the ban and the people whose lives it affected. **F.Z.** ***E Street Cinema, 555 11th St. NW; Tue., 7:30 p.m., free; RSVP at 8TMPDC@gmail.com (Metro Center)***





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entertainment lookout

The King's Old Haunt

The legend of Elvis shadows Memphis in 'Mystery Train'

DVD Review

Jim Jarmusch's 1989 film "Mystery Train" is set on or around the intersection of Main Street and Calhoun Avenue in Memphis, where the train station towers over the historic Arcade Restaurant and what used to be the Arcade Hotel. It is a geographic and visual reminder of the crossroads, that mythological location that inspired Southern blues and rock 'n' roll.



The movie, which the Criterion Collection is finally giving the deluxe treatment, is divided into three barely overlapping stories of characters at crossroads. In the first, a teenage rock-obsessed couple from Yokohama arrive in Memphis as their relationship is very subtly beginning to fray: She loves Elvis; he loves Carl Perkins. She is outgoing and vivacious; he is stone-faced and manipulative.

In the second section, a newly widowed Italian woman is transporting her husband's body back to Rome but must spend an unexpected layover in Memphis. And in the third, an Englishman, despondent over the loss of his job and girlfriend, drags two friends on a night of drinking and possibly murder.



ORION CLASSICS

Cinqué Lee and Screamin' Jay Hawkins play staffers at the pivotal Arcade Hotel.

This is the Memphis of our pop-cultural perception, a place haunted by history and race.

All of these stories converge, but never actually meet, at the Arcade Hotel, where the desk is manned by Screamin' Jay Hawkins. One of the best features on this Criterion edition is a lengthy excerpt from a documentary on the charismatic performer, who died in 2000.

"Mystery Train" is haunted by dead musicians — not only Hawkins, but Joe Strummer and Rufus Thomas, too. Elvis Presley looms ominously over almost every scene. For Jarmusch, the King is Memphis' — and perhaps America's — most potent racial icon: a white man who found success borrowing from black music.

"Mystery Train" presents a Memphis that both is and is not real. Jarmusch captures the city's slow, humid pace and abandoned storefronts, but slightly exaggerates certain details: In fact, the hotels do not actually hang pictures of Elvis in every room. This is the Memphis of our collective pop-cultural perception, a place haunted by history and race, the crossroads between legend and life. **STEPHEN M. DEUSNER**

Mixed Media



Thrill Fans, Horrify Children

The Elvis Presley estate has signed a deal for Hasbro Inc. and PPW Toys to release an **Elvis version of Mr. Potato Head**. Kevin Kern, a spokesman for Presley's Graceland estate, said the new toy is one of 15,000 Elvis-licensed products. The first of the Elvis Mr. Potato Heads — dressed in a jumpsuit — will be released for Elvis Tribute Week in August. A second version — dressed in black leather — will be on the market for Christmas. PPW Toys spokesman Dean Gorby said the Elvis Mr. Potato Head will broaden the audience from young fans to adult toy collectors. **(AP)**

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entertainment lookout

I'm Awesome; Poor Me

Drake by turns wallows in self-pity and self-adoration on 'Thank Me Later'

Album Review

Drake is an emotional guy — and all those feelings are the biggest misstep on his much-hyped debut album, "Thank Me Later."

For months, the Canadian rapper (who transitioned into music after starring on the teen soap "Degrassi: The Next Generation") has been feeding listeners singles and guest spots, and releasing track after track as examples of what he's capable of.



Thank Me Later
Drake

But "Thank Me Later" is a disappointment. Drake promised fans a solid hip-hop album. Instead, the collection goes down a slower, more ballad-heavy route, with many of its 14 tracks reflecting Drake's confessed affection for R&B.

Guest stars such as Alicia Keys, The-Dream, Young Jeezy, T.I. and Swizz Beatz all contribute to songs that focus on girls and fame's effect on relationships, topics that fixate Drake. In fact, most of the album's tracks demonstrate two sides of the artist — the one who's comfortable with his newfound success and the other, who hasn't quite processed the effect it's had on him. That's a classic dilemma for any artist making it big, of course, but here



FRAZER HARRISON/GETTY IMAGES

The R&B-influenced tracks blend together, forming a solid mass of impenetrable mediocrity.

Drake adds little insight.

Overall, most of the R&B-influenced tracks blend together, forming a solid mass of impenetrable mediocrity. How many verses can you really listen to with Drake saying, "Don't be fooled by the money/I'm still young and unlucky," before you begin to resent him for, you know, all the money and luck he's been given?

Drake seems to suffer from Kanye West syndrome: wildly successful young upstart ponders the meaning of it all while also obnoxiously reveling in all the attention. It's nearly impossible to take Drake's introspective songs such as "The Resistance" and "Show Me a Good Time" seriously, because all he does is pity himself on the former, while the latter is consumed by complaints about how it "feels like when you get into paper/Hip-hop hates you." Tough life.

If Drake could have decided what "Thank Me Later" would represent for him as an artist and stuck with it, perhaps the album would have been as successful as the cocky nature present on his first single, "Over," or the more genuinely soft side on his second single, "Find Your Love." For now, though, this attempt to be both isn't anything to be thankful for. **ROXANA HADADI**

TV Beat



Remember the MTV VJ? The network is now looking to hire its first TJ, or Twitter Jockey, who will engage with the MTV audience and serve as a liaison between viewers and network honchos. MTV General Manager Stephen Friedman called the TJ position "a natural evolution of how we connect with our audience." "While they won't be on TV the way VJs were," Sirulnik said, "they will always be on." **(AP)**

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5:30 p.m.
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TV tonight lookout

Best Bets

DISC 9:00



Deadliest Catch A helicopter attempts to rescue a man suffering from a heart attack; secrets are revealed onboard the Cornelia Marie, captained by Phil Harris, center, now deceased.

G4 9:00

It's Effin' Science This new series, spun off from an "Attack of the Show" segment of the same name, challenges nerdy stereotypes by building neat things and blowing them up.

FOOD 9:00



Cupcake Wars In each episode of this new series, four top American cupcake bakers battle for supremacy and $10,000. The first installment challenges the contestants to whip up the treats for the California SeaWorld branch's birthday bash.

CBS 10:00

The Good Wife As Alicia's husband's legal team continues to work on his appeal, she discovers evidence of possible jury tampering in her firm's class-action suit against a pharmaceutical company on the rerun "Fixed." (TRIBUNE MEDIA/EXPRESS)



DAVID GIESBRECHT/BRAVO

DOUBLE EXPOSURE

The Ugly Truth

BRAVO 10:00

She's lovely. He's hideous. We've all known duos like that. Photographers Markus Klinko and Indrani star on "Double Exposure," the latest of the network's shows set in the world of high-fashion media. Indrani is one long, cool glass of water, a pleasure to behold and seemingly sane, sympathetic and reasonable. Klinko is shrill, self-involved, fussy and dictatorial, like an enraged Teutonic poodle forever straining on his leash. He may be the most hateful creature ever to have his own Bravo show. KEVIN MCDONOUGH (UNITED FEATURES SYNDICATE)

Cult Faves



A+ for 'D-List'

"Kathy Griffin: My Life on the D-List" (9 p.m., Bravo) enters its sixth season with Kathy sharing the story behind her cameo on "Law & Order: SVU." Highlights include some acting lessons from Liza Minnelli and Griffin's offscreen preparations for her on-screen kissing scene with Detective Stabler (Christopher Meloni), who does a good job of acting annoyed. K.M.



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Poll Center

Today's Question

DO YOU PLAN TO WATCH "THE REAL HOUSEWIVES OF D.C." WHEN IT DEBUTS IN AUGUST?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 98999

Yesterday's Results

SHOULD TEEN SAILOR ABBY SUNDERLAND BE ALLOWED TO TRY HER SOLO TRIP AGAIN?



"That she made the journey that far without incident says to me that she is more than capable of completing her trip."

COMMENTER ANONYMOUS

"Sure, so long as every time she's rescued ... she reimburses the country rescuing her."

COMMENTER SIMPLE PIG FARMER

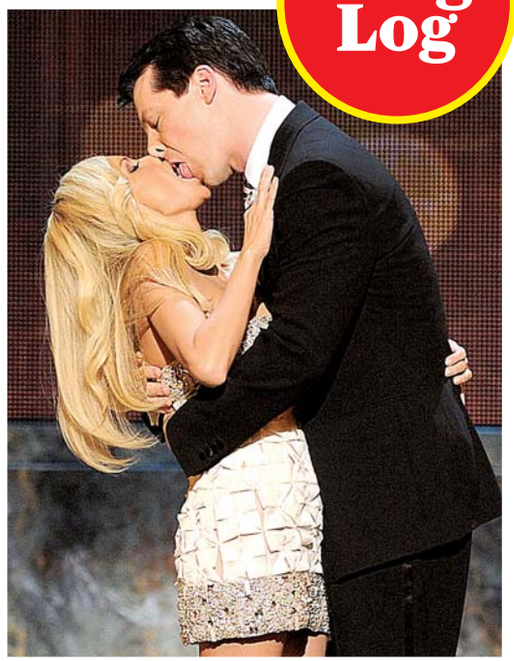
SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM



"Still standing around. Poncho heat increasing. Almost accosted by gyrating wood nymph. If you don't look it in the eyes, it won't approach."

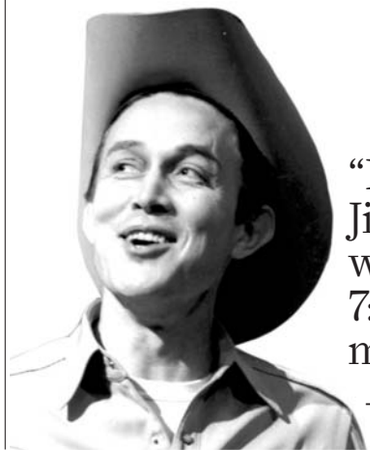
— **JOYSTIQ.COM** RECOUNTS ONE OF MANY BAFFLING MOMENTS IN MICROSOFT'S DEBUT OF THE KINECT, A HANDS-FREE XBOX CONTROLLER. THE EVENT WAS STAGED BY CIRQUE DU SOLEIL.

Blog Log



"It's not just a kiss but a political statement contra one of the nation's most august publications: Newsweek, which argued a few weeks back that the out-Hayes could not convincingly play a straight man."

— **MEDIAITE.COM** ANALYZES THE SEAN HAYES-KRISTIN CHENOWETH LIP-LOCK AT THE TONY AWARDS. A RECENT NEWSWEEK PIECE HELD THAT HAYES WAS NOT BELIEVABLE IN "PROMISES, PROMISES."



"Imagine the funny feelings I had [when I] found out that Jimmy Dean himself had just died! I felt even funnier when I noticed that he had been pronounced dead at 7:54 p.m., more or less the exact time I had become momentarily entranced by his flagship product!"

— **SPARKLEPONY.BLOGSPOT.COM**, WHO "LITERALLY HAD NOT THOUGHT ABOUT THIS FOOD PRODUCT IN DECADES" STOPPED TO PONDER JIMMY DEAN SAUSAGE AT A STORE ON SUNDAY — AT THE SAME TIME THE LEGENDARY SINGER DIED!

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puzzles lookout

Horoscope

GEMINI (May 21-June 20) What you remember about history can serve you well as you forge into the future. The little steps may matter most right now.

CANCER (June 21-July 22) You will be put in a position of some authority before the day is out, but you may not be able to do everything you want to do just yet.

LEO (July 23-Aug. 22) It's important to take responsibility for what you say and do. If this occurs, there will be no reason to criticize you.

VIRGO (Aug. 23-Sept. 22) Avoid complacency; you'll want to get involved. In order to get involved, you'll have to care more than some others around you.

LIBRA (Sept. 23-Oct. 22) Those who are in charge of where the money goes may have to answer to you before the day is out. The way you see things is a bit different.

SCORPIO (Oct. 23-Nov. 21) You've taken for granted something that may not be available to you in such abundance. It's time to assign some real value.

SAGITTARIUS (Nov. 22-Dec. 21) The pace is likely to be quite fast — at least when you are working closely with others. Efficiency among the team is essential.

CAPRICORN (Dec. 22-Jan. 19) You may have to calibrate things once more before you are able to come up with the figures to support your point of view.

AQUARIUS (Jan. 20-Feb. 18) You can afford to do some of what you want, but not all. Yes, there may be one or two difficult choices to make by day's end.

PISCES (Feb. 19-March 20) You may have the odd feeling that those around you are after something different, while you alone know what really counts.

ARIES (March 21-April 19) You're trying to hide something about your personal life that is likely common knowledge — or close to it — already.

TAURUS (April 20-May 20) You may not be able to make the strides you've anticipated; the pace slows when certain obstacles rise up in your path.

PostPoints DAILY CODE GO

Scrabble Grams

PAR SCORE 200-210, BEST SCORE 266

E1	I1	U1	L1	S1	M3	R1	Triple Word Score	RACK 1
A1	E1	I1	L1	D2	C3	T1	1st Letter Double	RACK 2
I1	I1	O1	N1	L1	B3	L1		RACK 3
E1	O1	Y4	F4	C3	R1	M3		RACK 4

Yesterday's Solution

S1	U1	B3	G2	U1	M3		RACK 1 =	11
E1	M3	O1	T1	I1	O1	N1	RACK 2 =	61
W4	O1	O1	D2	C3	U1	T1	RACK 3 =	63
C3	R1	E1	M3	A1	T1	E1	RACK 4 =	72
PAR SCORE 145-155							TOTAL	207

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

6	7							2
	8			4			9	3
			6			8		
9		3	5					
				8				
					2	7		4
		5			3			
1	6			9			4	
8							1	6

Yesterday's Solution

2	1	8	4	5	7	6	3	9
7	3	9	2	1	6	5	8	4
4	6	5	3	9	8	1	2	7
6	5	2	8	7	3	9	4	1
9	8	1	5	2	4	3	7	6
3	4	7	1	6	9	8	5	2
5	9	6	7	3	2	4	1	8
8	7	3	9	4	1	2	6	5
1	2	4	6	8	5	7	9	3

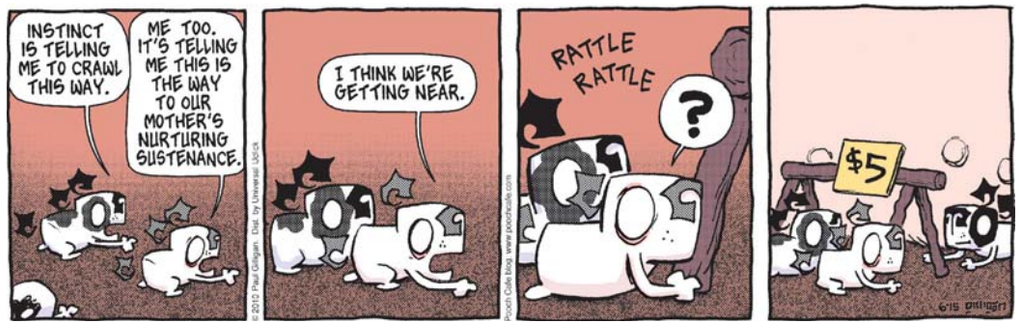
Need more Su|do|ku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

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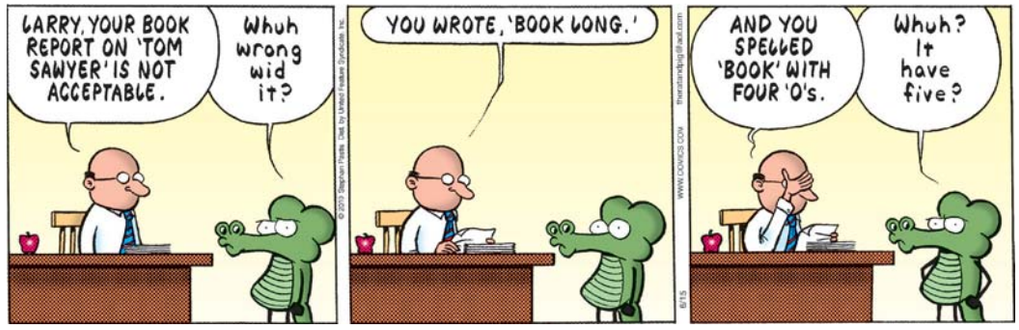
Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

85 | 68

Today: Clouds and limited sun today. A shower or thunderstorm around tonight.

86 | 70

Tomorrow: Humid tomorrow and tomorrow night with a thunderstorm or two.

Looking Ahead

THU	FRI	SAT
86 | 68	88 | 70	90 | 73

Sun and Moon
Sunrise today: 5:42 a.m.
Sunset today: 8:35 p.m.
Moonrise today: 9:09 a.m.
Moonset today: 11:20 p.m.

Almanac
Normal high: 84
Record high: 98
Normal low: 65
Record low: 49

FORECAST BY ACCUWEATHER.COM ©2009

Help Us Have a Baby:

Loving Couple Seeks Egg Donor



I am a happily married woman with a full and interesting life. My husband and I are blessed with close and loving families with many nieces and nephews. Even though we cherish the time spent with our families, we still long for a child of our own. Luckily, I can be become pregnant, but I need an Egg Donor's help. Our dream Donor is 21-31, intelligent, fair-skinned, small-to-medium boned, with an excellent personal and family health history.

Egg Donor Needed **$8,500 COMPENSATION**

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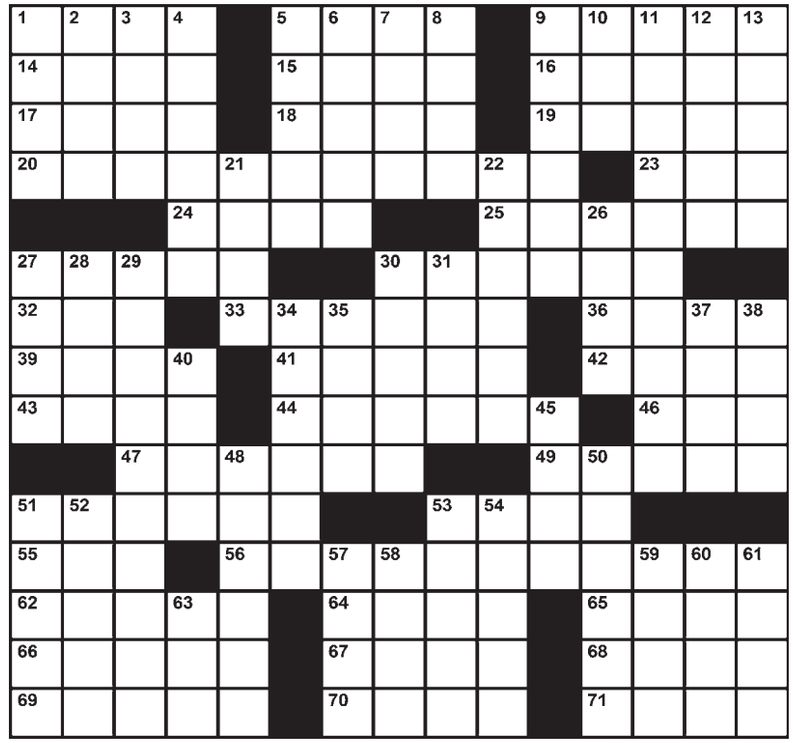
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X173g2x5

lookout puzzles

Crossword

HANG AROUND



EDITED BY TIMOTHY E. PARKER

ACROSS

1 Summoned, as the butler
5 Gun or ear cleaner
9 M.D.'s milieus
14 Dish of many ingredients
15 Simple test answer
16 Fiber-___ cable
17 Prison yard residents
18 Itty-bitty bit
19 Populous Japanese city
20 Parting words for someone moving away
23 Cash in Ginza
24 Jumping-off place
25 Bother persistently
27 Fine cotton thread
30 Hayseed TV series
32 "___ You Smarter Than a 5th Grader?"
33 Fill with bubbles
36 Completely closed
39 Participate in a primary
41 Tennis star Williams
42 Word of contempt
43 Pay to play
44 Formed whirlpools
46 Shepherd's expanse
47 Gauchos' plains
49 Nonreactive, as some gases
51 Reaches its highest level
53 Not crazy
55 Young kiltie
56 Be steadfast
62 Pueblo material
64 Great Lake port
65 Furnace film
66 Mr. Bean portrayer Atkinson
67 Benefit event, often
68 "You, Me and Dupree" actor Wilson
69 Magnani and Christie
70 Remaining to be paid
71 Travel agency to the stars?

DOWN

1 Music genre
2 Skin-cream additive
3 September's number
4 Another music genre
5 Con that cons a con man
6 Emulated Anne Rice
7 Coupe or sedan
8 Priority male?
9 Commotion
10 Photo ___ (pol's news events)
11 "Don't go yet"
12 ___ Peak, Colo.
13 Tasks at checkout counters
21 Invention inspiration
22 Word that always brings a smile?
26 Carpenter's file
27 Source of pumice
28 Item in many hotel room closets
29 "Cool it!"
30 They travel around the clock
31 Place for embroidery scissors
34 "Despite that ..."
35 Upgrade, as the decor
37 ___-friendly (easy to operate)
38 Yonder thingamabob
40 Snaky creatures
45 Wine partner
48 Georgia city
50 Singer Willie
51 Bow, the "It Girl"
52 Invisible health hazard
53 Metro-station entrance
54 Winning, for now
57 Brand of building blocks
58 Tournament seeding
59 The Hawkeye State
60 Column of boxes on a questionnaire
61 Destructive volcano in Sicily
63 Ovine oration

Yesterday's Solution



Today in History

1877 Henry Ossian Flipper becomes the first black cadet to graduate from the U.S. Military Academy.

1917 Congress passes the Espionage Act.

1938 Cincinnati Red Johnny Vander Meer pitches his second-consecutive no-hit, no-run game. He is the only pitcher in baseball history to throw two back-to-back no-hitters.

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people lookout



CREEPY

Seacrest Stalker Put Away for Two Years

A man who stalked Ryan Seacrest was sentenced Monday to two years in state prison and ordered to stay away from the host of "American Idol" for 10 years. Chidi Benjamin Uzomah Jr., 26, received the maximum sentence after previously pleading no contest to stalking. Uzomah has been jailed since his arrest in October, when he tried to reach Seacrest. **(AP)**

SCANDAL

Actress to Play a Role Other Than Herself

Jennifer Aniston's rep quelled rumors that the star would bare all in the upcoming movie "Horrible Bosses." "The part is provocative and sexual, but also hysterically funny," the rep told People.com. "There are no plans for her to go fully nude or topless, but the role does require an aggressive sexuality that many folks have not seen from Jennifer on-screen before." **(EXPRESS)**



CARLOS ALVAREZ/GETTY IMAGES

If we were a tabloid, we'd say she was thinking about Brad Pitt and babies.

Dirtbag Digest



Spence Losing More Than Mind

Spencer Pratt has fired his security detail, including personal bodyguard Cougar Zank, for leaking his whereabouts to paparazzi, Radaronline.com reported. "He just fired everybody to make sure the slate was clean," said an unnamed source. Pratt also supposedly thinks wife Heidi Montag was having an affair with Zank. **(EXPRESS)**



JASON MERRITT/GETTY IMAGES

FAME

What's The Sitch?

Mike "The Situation" Sorrentino, of MTV's "Jersey Shore," is releasing a single this week on iTunes. The dance track, called "The Situation," is about drinking at clubs and not dancing alone, according to Usmagazine.com. The piece begins with several repetitions of the phrase "the situation" in various contexts. The word "hoochie" appears frequently, as does "Jersey shore." **(EXPRESS)**



GIGANTIC HITS

Actor Cites Secret Sources of Inspiration

Isaiah "the Old Spice guy" Mustafa has inked a deal with NBC that he hopes will lead to appearances on the network's shows — especially sitcoms, Variety reported. "I grew up in that 'Cosby Show,' 'Family Ties' era, and kept that going even through college with 'Seinfeld' and 'Friends,'" Mustafa told Variety. "And I think that's my strength, doing comedy." **(EXPRESS)**

"I was, like, 'What if they know something that I don't?' That's how confused I got."



—KHLOE KARDASHIAN, WHO SAYS SHE WAS SO CONFUSED BY TABLOID REPORTS THAT SHE WAS WITH CHILD THAT SHE WENT OUT AND BOUGHT A PREGNANCY TEST. SHE IS NOT PREGNANT.

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My smile is drop dead gorgeous!

Jean, age 53

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Homemaker

TREATMENT

Multiple dental implants and beautiful new teeth

DENTAL TURNING POINT

I chipped my front tooth and knew that if I went in to have it repaired it would turn out to be another bad crown that did not match the rest of my teeth. And my partial bridge was cracking, again. I knew that I did not want just another temporary solution.

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